

## **ABSTRACT**

A damping force-variable shock absorber comprises a cylinder and a piston rod inside the cylinder. The piston rod is linearly moveable relative to the cylinder. An orifice valve plate having a plurality of valve holes is configured and mounted so as to 5 form a circle about the piston rod. A rotary valve plate having a plurality of radially-protruding projections is mounted about the piston rod and is rotatable with respect to the piston rod and the orifice valve plate. The rotary valve plate has a first and at least a second rotating state with respect to the orifice valve plate, wherein the plurality of valve holes respectively define a first opening and at least a second opening. A guide 10 means for rotating the rotary valve plate between the first and the at least second rotating states is located between the rotary valve plate and the cylinder.